

2017

NEW YEAR

ACCELERATE YOUR EXPECTATIONS!

June 2017

My Soul Thirsteth for God... Psalm 42:1-11 (MSG)

¹⁻³ A white-tailed deer drinks
from the creek;
I want to drink God,
deep draughts of God.
I'm thirsty for God-alive.
I wonder, "Will I ever make it—
arrive and drink in God's presence?"
I'm on a diet of tears—
tears for breakfast, tears for supper.
All day long
people knock at my door,
Pestering,
"Where is this God of yours?"
⁴ These are the things I go over and over,
emptying out the pockets of my life.
I was always at the head of the worshiping
crowd,
right out in front,
Leading them all,
eager to arrive and worship,
Shouting praises, singing thanksgiving—
celebrating, all of us, God's feast!
⁵ Why are you down in the dumps, dear soul?
Why are you crying the blues?
Fix my eyes on God—
soon I'll be praising again.
He puts a smile on my face.
He's my God.

⁶⁻⁸ When my soul is in the dumps, I rehearse
everything I know of you,
From Jordan depths to Hermon heights,
including Mount Mizar.
Chaos calls to chaos,
to the tune of whitewater rapids.
Your breaking surf, your thundering breakers
crash and crush me.
Then GOD promises to love me all day,
sing songs all through the night!
My life is God's prayer.
⁹⁻¹⁰ Sometimes I ask God, my rock-solid God,
"Why did you let me down?
Why am I walking around in tears,
harassed by enemies?"
They're out for the kill, these
tormentors with their obscenities,
Taunting day after day,
"Where is this God of yours?"
¹¹ Why are you down in the dumps, dear soul?
Why are you crying the blues?
Fix my eyes on God—
soon I'll be praising again.
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Submitted by Dr. Theresa Scott

DEFY THE ODDS: I am well aware of the fact that words can indeed hurt you. What people say about you, positive or negative, can have a direct bearing on your life. For the most part, I don't think any of us grew up in a positive environment because our society is so negative. If you find yourself being a product of the negative things people have said about you, it's time for you to have an audience with you and you. Go look at yourself in the mirror and say to you "they ALL lied to me. I'm not what they said." Release yourself from those words. "The greatest pleasure in life is doing what people say you CANNOT DO." Defy the odds. Prove them wrong. Even prove yourself wrong for the lies you have told yourself. Choose to walk in truth – the truth of what God says about you.



JUNE:

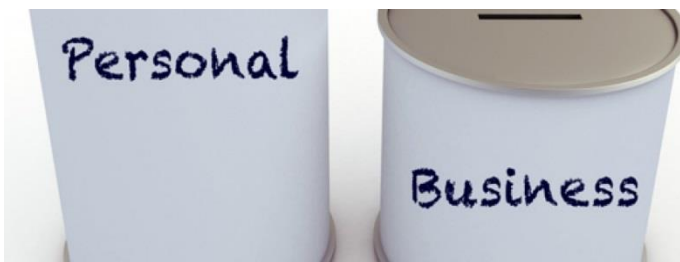
MEN'S HEALTH AWAREMENESS
MONTH



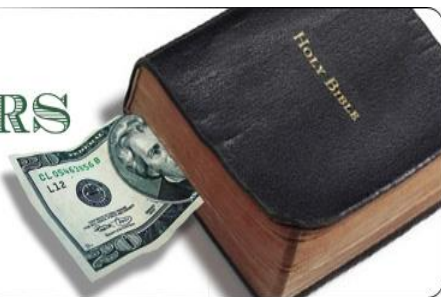
Top Preventive Screenings for Men in their 20's, 30's, 40's, 50's, and 60's					
Preventive Screenings	20's	30's	40's	50's	60's
Blood Pressure	Every 2 years or more often if levels are high				
Cholesterol	As your doctor suggests or if at increased risk, check every 5 years at age 45				
Testicular Exam	Discuss with your doctor				
Eye Exam	Every 5-10 years		Every 2 years		Every 1-2 years
Sexually Transmitted Infections	Annually if sexually active				
Weight	Annually				
Skin Test	Annually				
Prostate Cancer Screening	N/A		Discuss with your doctor		
Colorectal Cancer Screening	N/A		Every 2 years if high risk	Annually	
Diabetes Blood Sugar Test	If high risk		Every 3 years beginning at age 45		

BUSINESS Tips

Run your **business** like a **business**. Far too many entrepreneurs run their **business** like an extension of their personal finances. Bad idea. **Very bad idea.** Construct the right **business** entity and keep it separate from your personal life.



**MONEY
MATTERS**



Submitted by Sis. Janae Fontaine

Tips on Spending

- 1: Budget! This is the cornerstone of all savvy financial planning. Use these worksheets to guide your spending and saving habits.
- 2: Along with budgeting, make sure you track your spending so you know how much is going out and coming in each month.
- 3: Cut many "extra" expenses.

Tips on Paying Off Debt

- 7: Clear all debts as soon as possible. You'll save hundreds or thousands on interest.
- 11: If you're in credit card debt, call your creditors and ask them if there's any way they can lower your APR (interest rate).

Tips on Shopping

- 12: Buy groceries in bulk at wholesale stores like Costco or Sam's Club.
- 13: Shop at garage sales, thrift stores, eBay and Craigslist.
- 14: Check prices online before buying something at a retail store, and check for coupon codes.

Tips on Recurring Costs

- 15: Minimize your cable/satellite TV and internet packages. Do you really need 500 channels? Switch to SlingTV or Netflix or Hulu.
- 16: Reduce your cell phone minutes to the lowest amount you need. Set an automatic calendar reminder to check your minute usage 4

